Breast Augmentation *Prep Checklist*

Your at-home checklist, organized by timeline. ★ marks the things nearly every patient is grateful to have. "Ask surgeon" items depend on your surgeon's preferences, so check first.

Days 1–3
Tight, sore and tired. You'll sleep propped up and keep your arms close to your body.

Week 1
Short walks around the house, button-front clothes, lots of protein and water.

Weeks 2–3
Many women return to desk work. Still no lifting, pushing or pulling.

Weeks 4–6
Gradual return to exercise when your surgeon clears you. Implants begin to settle.

Months 3–12
Scar season: incisions soften and fade, with sun protection and any scar care your surgeon approves.

Four weeks before

- [ ] Step counter
- [ ] Unflavored protein powder
- [ ] Freezer meal containers
- [ ] Arnica tablets ASK SURGEON

The week before: set up your home

- [ ] Bed wedge pillow ★
- [ ] Backrest reading pillow
- [ ] Overbed table
- [ ] Grabber tool ★
- [ ] Extra-long phone charging cable ★
- [ ] Weekly pill organizer ★
- [ ] Digital thermometer ★
- [ ] Handheld shower head ★

Your surgery bag

- [ ] Zip-front hoodie ★
- [ ] Button-front pajamas ★
- [ ] Slip-on slippers ★
- [ ] Rich lip balm ★
- [ ] Ginger chews
- [ ] Travel neck pillow

Week one at home

- [ ] Front-closure surgical bra ASK SURGEON
- [ ] Breast stabilizer band ASK SURGEON
- [ ] Non-stick gauze pads ★
- [ ] Paper medical tape ★
- [ ] Soft reusable cold packs ASK SURGEON
- [ ] Ready-to-drink protein shakes ★
- [ ] Insulated tumbler with straw ★
- [ ] Stool softener ASK SURGEON
- [ ] No-rinse bathing wipes ★
- [ ] Dry shampoo

Weeks two to six

- [ ] Soft recovery bra ASK SURGEON
- [ ] Silk pillowcase
- [ ] Satin scrunchies
- [ ] Adhesive remover wipes
- [ ] Wide-leg lounge pants ★

Scar season

- [ ] Silicone scar sheets ASK SURGEON
- [ ] Mineral sunscreen SPF 30+ ★

Talking with *your surgeon*

Questions many breast augmentation patients ask, with room for the answers. Your surgeon's written instructions replace anything on this page.

Will I go home in a surgical bra, and when can I switch to a soft bra or sports bra?

Do you want me to wear a stabilizer band, and for how long?

Do you recommend implant massage? If so, when should I start?

Which supplements and medications should I stop, and when?

When can I shower, and when can I sleep on my side?

When can I lift my children, drive and return to exercise?

When to call your surgeon

- One breast that suddenly becomes much larger, tighter, bruised or more painful than the other
- A fever of 101°F (38.3°C) or higher, or chills
- Redness, warmth or hardness that is spreading, or drainage that is cloudy or smells bad
- Pain that suddenly gets worse instead of slowly better, or is not controlled by your prescribed plan
- Bleeding that soaks through your dressing
- Calf pain, warmth or swelling in one leg
- Chest pain, shortness of breath, or coughing up blood: call 911 right away

Surgery date _____

Office phone _____

After-hours number _____

First follow-up _____

MY SURGEON'S INSTRUCTIONS